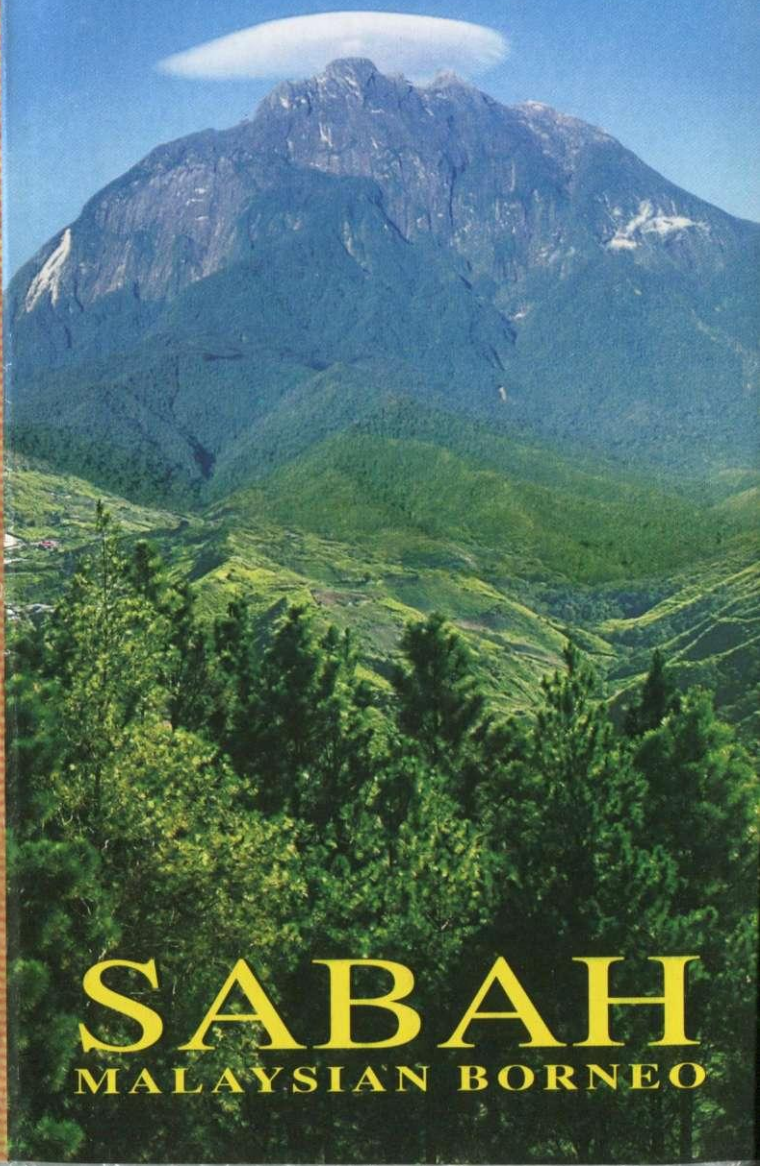


The Kinabalu Park

*Malaysia's First World Heritage Site
And Surrounding Attractions*



SABAH
MALAYSIAN BORNEO



The exceptionally rare Rothschild's Slipper Orchid (Paphiopedilum Rothschildianum) is so coveted, it is also known as "Kinabalu Gold".

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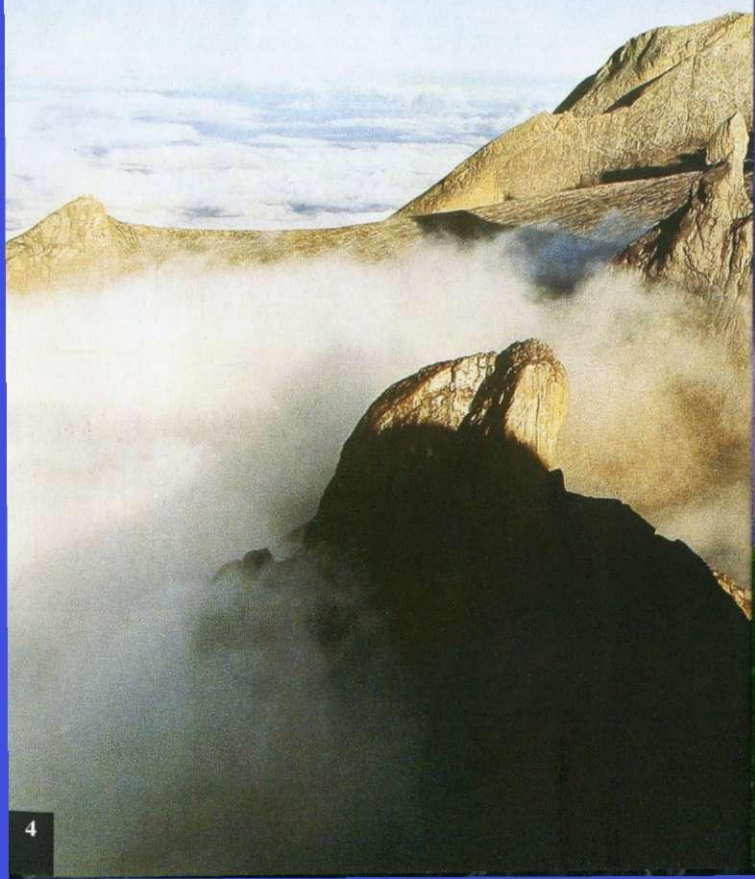
THE SUMMIT TRAIL MAP
OF MT. KINABALU

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MT. KINABALU ~SUMMIT OF BORNEO.

Mt Kinabalu, the majestic summit of Borneo is the focal point of the Park and the whole of Sabah. Such is the importance of this mountain that the state capital Jesselton was renamed **Kota Kinabalu** in 1964. The highest mountain between the Himalayas and the Snow Mountains of Papua Barat (New Guinea Island) this magnificent granite massif stands at 4,095.2m (13,435ft) tall.

Kinabalu Park is Malaysia's first World Heritage designated by UNESCO in December 2000 for its 'outstanding universal values' and role as one of the world's most important biological sites.



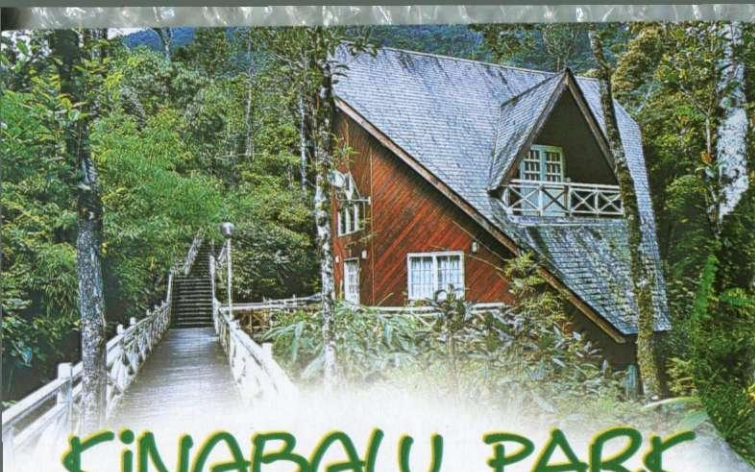
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The Kinabalu Park and the Kundasang War Memorial situated just on the fringe of the Park were both established in 1962 as commemorative symbols for the 2,428 Australian and British prisoners of war who suffered and died at Sandakan and the 3 forced death marches from Sandakan to Ranau, and the local people who risked their lives to help the prisoners. It was the inspiration of Major G.S. Carter D.S.O (Toby Carter) a New Zealander employed with Shell Oil Co. (Borneo) and enlisted with the Royal Australian Engineers and parachuted into Borneo in 1945.



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KINABALU PARK ~MALAYSIA'S FIRST WORLD HERITAGE.

The Kinabalu Park covers a staggering area of 754 sq. km (300 sq.mile), from the Park Headquarters area all the way to Poring Hot Springs 40 Km (25 miles) away and northwards to Mandalon, almost reaching the Kudat Highway. It is bigger than Singapore island! Established as a state park in 1964, this botanical paradise is blessed with an astonishing variety of flora and fauna that ranges over 4 climate zones, from the rich lowland dipterocarp forest through the montane oak, rhododendron; the coniferous forests, to the alpine meadow plants ... and to the stunted bushes of the summit zone. Kinabalu Park has probably one of the richest flora collections in the world.



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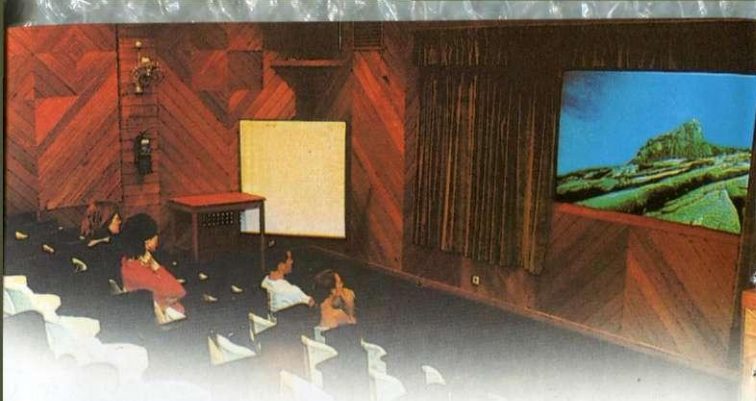


Highways and sealed roads have made the Park easily accessible. It's an easy two (2) hour scenic drive from Kota Kinabalu and is a popular getaway from the hustle and bustle of the city where visitors can enjoy the cool invigorating air. In 2004, more than 415,360 visited the Park with more than 43,430 climbers. While the focus of the Park is the mountain, about 80% of visitors don't climb all the way to the peak but come simply to enjoy the serenity of this place ...

Kinabalu Park Headquarters is situated on the southern boundary, at an elevation of 1,563m (5,000 ft). Most of the Park's facilities are located here including visitors' accommodations, restaurants, exhibit centres, Park offices where overnight visitors and climbers must register.

A minimal entrance fee is imposed at the entrance of the Kinabalu Park.





TRAILS OF WONDER

Step into Wonderland and follow any of numerous trails around Kinabalu Park. Even though it is the most explored and studied place in Borneo, new discoveries of rare and endemic plants are constantly being made here.

So take a map and set off on your own or follow Park Naturalists as they take you on guided trail walks and point out the various wonders. There are also audio-visual shows featuring rare flora and fauna found here. If you are a first time visitor, sign up for these shows and you'll be thrilled when you find yourself identifying the same denizens on your walks – or during your climb up Mt Kinabalu.

Mt Kinabalu Botanical Garden (Mountain Garden) – is one of the biggest attractions at the Park. Started in 1981 this 5-acre Garden is an excellent showcase of the diverse plant-life on the mountain, as flora from all over the Park has been replanted here. Many of these plants are not only lovely to look upon but have medicinal value too, as proven by the local Dusun community.



For more

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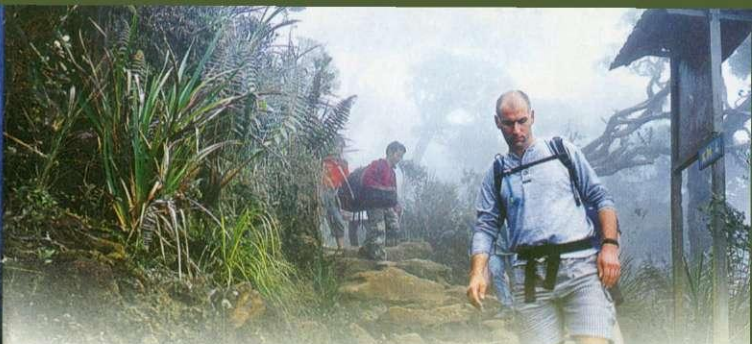
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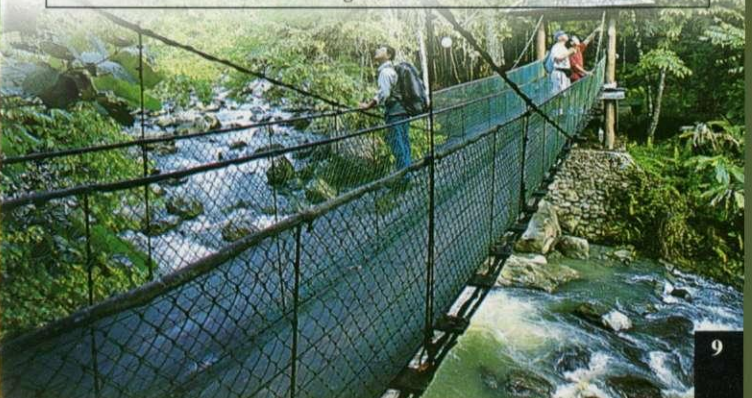


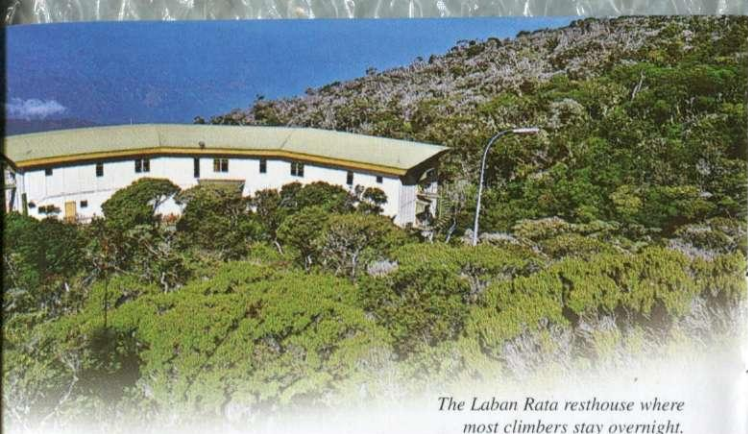
There are hotels, lodges, chalets and hostels at Kinabalu Park, Kundasang, Ranau and Poring to suit ones budget. For information see www.sabahtourism.com

TIME TABLE GUIDELINE

| PLACE/INTEREST | TIME(HRS) |
|--|-------------------------------|
| 1. KINABALU PARK HQ: | |
| • Mountain Garden | 09:00, 12:00, 15:00 |
| • Guided Walk | 11:00 |
| • Slide Show | 14:00 (and 19:30 on weekends) |
| 2. PORING | |
| • Canopy Walkway | 09:00 - 16:00, |
| - Guided walk | 09:00 |
| • Butterfly Farm | 09:00 - 16:00, |
| • Tropical Garden | 13:30 |
| - Orchid Conservation Centre | 11:00 & 15:00 |
| • Night Walk | By Prior Arrangement Only |
| 3. MESILAU | |
| Guided Nature Walk | |
| • Monday to Friday | 09:30, 11:00, 14:00 |
| • Saturday and Sunday | 07:30, 10:30, 14:00 |
| 4. KUNDASANG WAR MEMORIAL | |
| • Daily (Monday to Sunday) | 0900 - 1700 |
| • Memorial Services and Special Programmes | By Prior Arrangement |

Note: Nominal Fees are charged, unless indicated





The Laban Rata resthouse where most climbers stay overnight.

TRAILS TO THE TOP.

Climbing Mt Kinabalu can be done in 2 days but a more comfortable climb in 3-days is recommended to acclimatise to the altitude and fully enjoy the rich biological diversity – the exotic rare plants, orchids, birds and many more. While it does not require special skills to do the climb, you must at least have the basic fitness level. Park regulations require climbers have to engage the services of a registered mountain guide. The numbers of guides depend on the number of climbers. Porter services are available and recommended. Book and pay for your mountain guide and porter at the Kinabalu Park.

Two (2) trails lead to the top, the **Summit Trail and Mesilau Route**. The 2 trails meet at Layang-Layang at 2,740m (or Km 4 from Timpohon Gate).

Bonsai trees on the Mesilau Trail.



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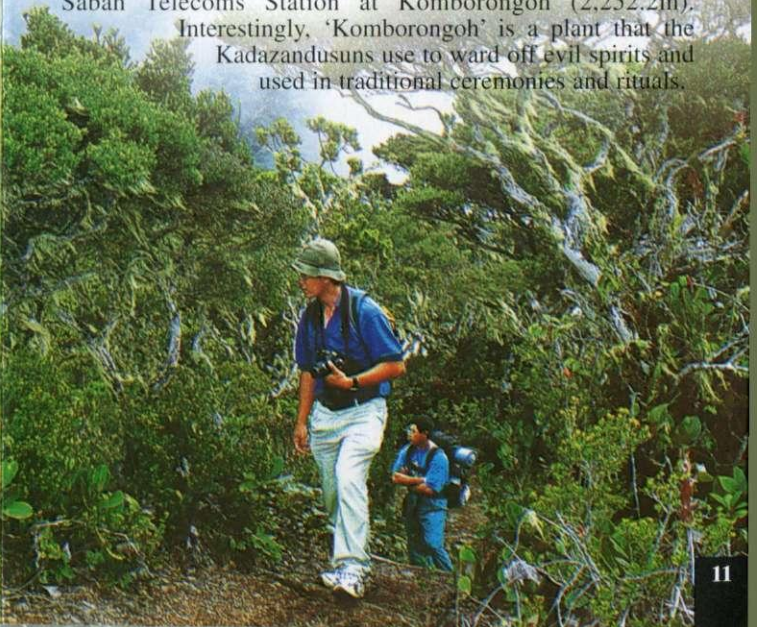
*The Sayar-sayat Hut –
the highest shelter on the mountain.*

The Summit Trail is the well trodden main route taken by most climbers, since the beginning. Starting from the Park Headquarters, it used to be that climbers walk the 4_Km up to the Timpohon Gate at 1,866.4 m where the Summit Trail starts. Today most climbers opt to take the shuttle transport. Interestingly, the climb actually begins with the descent to Carson's Falls, named after the first Park Warden of Kinabalu Park. From here onward, depending on your fitness level, it is about 4 to 5-hour climb for the day

The trail winds up a steep staircase of gnarled tree-roots to a mossy world of drifting clouds and orchid-draped trees, where pitcher plants and rhododendrons abound. There are several Pondok (or Shelters). The first is **Pondok Kandis** at 1,981.7m where on a clear day, a view of the road that links Kota Kinabalu to the Park can be seen.

The second shelter is **Pondok Ubah** at 2,081.4m, the area where one of Borneo's most unusual pitcher plants grows – the *Nepenthes lowii*, so do look out for these oddly-shaped plants with pitcher containers. The mossy forest continues on past the Sabah Telecoms Station at Komborongoh (2,252.2m).

Interestingly, 'Komborongoh' is a plant that the Kadazandusuns use to ward off evil spirits and used in traditional ceremonies and rituals.





The third shelter is **Pondok Lowii**. The trail continues up to the mossy forest of mixed bamboos and tree ferns. More rhododendrons are seen. At 2,515 m (8,251) is the fourth shelter, **Pondok Mempening** is reached with wild begonias growing nearby. Stops at these shelters give one time to observe the squirrels, tree shrews and birds that seem so unafraid of the climbers. You will also see the Layang-Layang TV station. Soon you will emerge to an open exposed ridge at **Layang-Layang** (previously known as Carson's Camp), at 2,702 m (8,865ft) this is where the Summit Trail meets with the Mesilau Trail.

At this point a band of ultramafic soil, distinguished by its orange-cinnamon colour, crosses the trail and the vegetation changes dramatically. The forest becomes shorter and much more open and is dominated by the second species *Leptospermum* that grows on Kinabalu, *L.recurvum*, with its tiny grey leaves and *Dacrydium gibbsiae*, a very beautiful conifer, both found only with the Kinabalu Park. This is also the zone of the insect-eating pitcher plants for which Kinabalu is famous. Of the 30 species of pitcher plants recorded from Borneo, around 10 grow on the mountain and at least 3 species are found nowhere else in the world. These include the spectacular *Nepenthes rajah*, the largest pitcher plant in the world and the beautiful *N.villosa*. These plants are delicate and easily damaged by trampling feet. Please look carefully where you tread.



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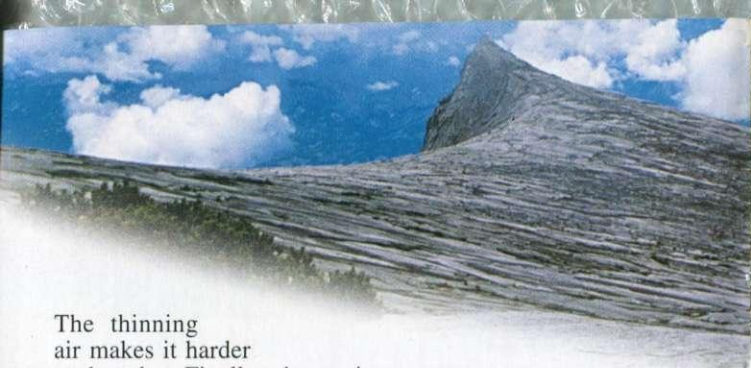


Pondok Villosa, the fifth shelter, at 2,690m (8,825ft) is situated at the top of an open rocky patch and soon the forest becomes even more stunted. Here are found the scurfy orange young leaves of the endemic Haviland's oak add a touch of colour. Superb view can be seen of Mt Kinabalu towering above as you follow the trail upwards. More rhododendrons are seen, some species that are Kinabalu endemics. *Schima brevifolia* (a relative of the tea plant) with its young purple leaves and beautiful large camellia-like flowers is common from here.

At the top of this open area at 3,050m (10,000ft), a small track leads off to a helipad on the right and it is worth making this 5-minute side trip for the dramatic view of the towering peaks from the helipad on a clear day.

After the helipad junction, the ultramafic soil ends and the forest are again the taller trees covered with mosses and orchids cover the ground in between granite boulders. At this elevation, about 60% of the ground cover is orchids. Within a few minutes you arrive at the sixth shelter, **Pondok Paka** at 3,080m (10,105ft), named after Paka Cave nearby, made famous because it is here that the very first summit expedition led by Sir Hugh Low sheltered, rested overnight before climbing to the summit on the morning of 11th March 1851. The Paka Cave, on the edge of a small stream is nothing more than a large overhanging rock.





The thinning air makes it harder to breathe. Finally, the various accommodations for overnight stop is reached, at Waras Hut, Laban Rata, Panar Laban or Gunting Lagadan Hut. The most comfortable is Laban Rata which equipped with running water, electricity, a restaurant, indoor showers and toilets.

Panar Laban 'the place of sacrifice' was where Sir Hugh Low and his local guides performed a ritual sacrifice to appease the ancestral souls for their 'disturbance' to the spirit world and to seek safe passage. This same sacrifice is still performed each year and when there is a major expedition or event on the mountain.

The Mesilau Route to the Summit starts from **Mesilau Resort** and leads to Layang-Layang (Carson's Camp). It was opened in October 1998 initially used mainly by scientists and researchers as it takes longer (about 5 to 6 hours to reach Layang-Layang, as compared to 2 - 3 hours, from the Timpohon Gate. Visitors who wish to take this Route must register and pay a small fee at Mesilau Gate.



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The trail is a good one for people who are more interested in plants and wildlife than in the actual climb to the summit of the Mt Kinabalu. Conifers, climbing bamboos, superb Agathis trees grow in the area. Near the ridge crest at about 2,000m (6,500ft) the forest becomes stunted, with rocks, tangled tree roots, covered in spongy mosses and liverworts. There are many delicate orchids and beautiful orange-coloured Rhododendrons.

Some little streams are crossed before reaching the Kipuyut Bridge across the swift-flowing West Mesilau River that cascades from the precipitous slopes. Near the 3Km mark, a tributary of the river is again crossed. From here the trail follows the ridge, rising steeply and continuously, up and up and up in an almost never-ending series of steps for about 2_Km. From here another 500 metres of trail contouring around the massif bring you out to the Summit Trail, a little way above Layang-Layang. The whole Mesilau Route to Layang-Layang is 5.7Km (3½ miles).





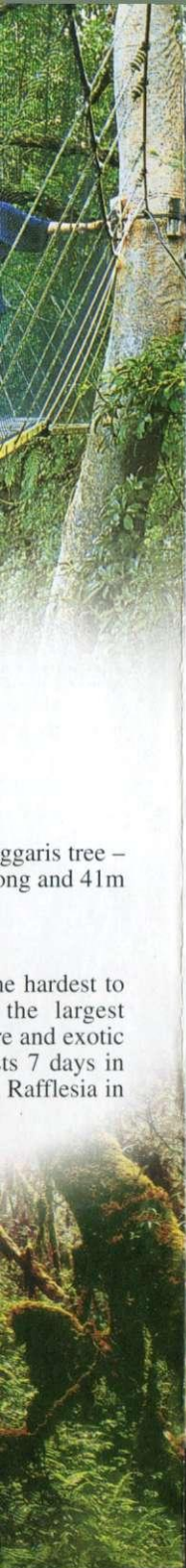
THE CLIMB TO THE PEAK.

After a night's rest, most climbers leave at about 3.00am for the 3-hour trek (pending on fitness level) to the summit and to catch a magnificent sunrise, weather permitting. In the dark, you can see the beams of torch lights as the procession of climbers trudge higher and higher. There are ladders, hand railings and ropes to help you over the steeper slopes.

An hour from Panar Laban, you'll see the **Sayat-Sayat Hut** (3,668m), this is the highest shelter on the mountain for Park use only. From here, you will walk across the bare granite slabs that stretch endlessly ahead, in an eerie moonscape of stone. The vegetation are stunted shrubs and tough grasses in the crevices.

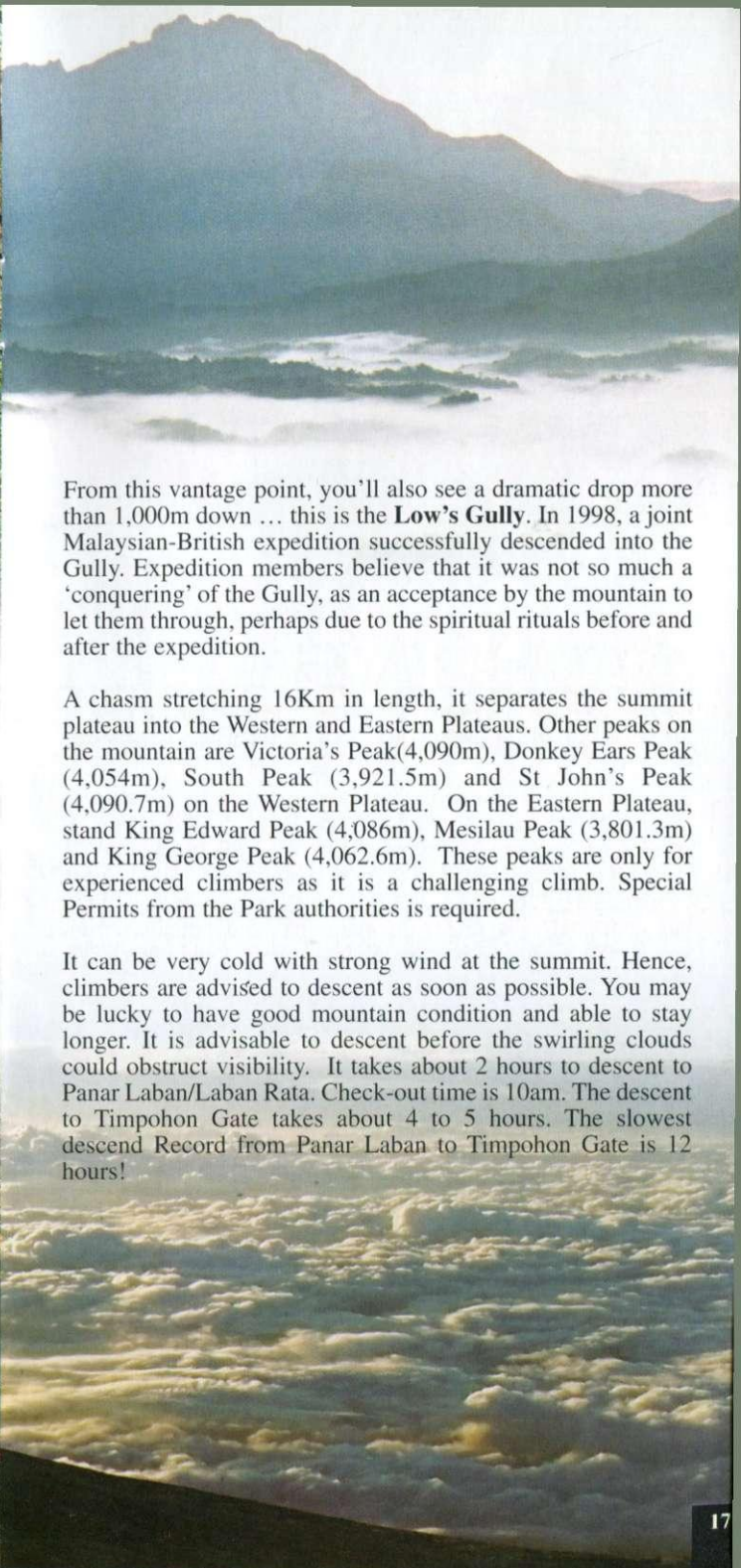
By about 6.00am, you reach your final destination; the highest point on Mt Kinabalu, the summit of Borneo at 4,095.2m is Low's Peak! As you wait in the cold, dawn gradually creeps over the horizon, illuminating the darkness with the light of a new day. In clear weather, you can almost see all of Sabah spread out below ...





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From this vantage point, you'll also see a dramatic drop more than 1,000m down ... this is the **Low's Gully**. In 1998, a joint Malaysian-British expedition successfully descended into the Gully. Expedition members believe that it was not so much a 'conquering' of the Gully, as an acceptance by the mountain to let them through, perhaps due to the spiritual rituals before and after the expedition.

A chasm stretching 16Km in length, it separates the summit plateau into the Western and Eastern Plateaus. Other peaks on the mountain are Victoria's Peak (4,090m), Donkey Ears Peak (4,054m), South Peak (3,921.5m) and St John's Peak (4,090.7m) on the Western Plateau. On the Eastern Plateau, stand King Edward Peak (4,086m), Mesilau Peak (3,801.3m) and King George Peak (4,062.6m). These peaks are only for experienced climbers as it is a challenging climb. Special Permits from the Park authorities is required.

It can be very cold with strong wind at the summit. Hence, climbers are advised to descent as soon as possible. You may be lucky to have good mountain condition and able to stay longer. It is advisable to descent before the swirling clouds could obstruct visibility. It takes about 2 hours to descent to Panar Laban/Laban Rata. Check-out time is 10am. The descent to Timpohon Gate takes about 4 to 5 hours. The slowest descend Record from Panar Laban to Timpohon Gate is 12 hours!



Lobelia borneensis orchids thrive here.

STUNNING FLORA & FAUNA.

Kinabalu Park is Borneo's botanical paradise. It is home to about 1,200 species of orchids, 26 species of rhododendrons, 9 species of *Nepenthes* pitcher plants, over 80 species of fig trees, over 60 species of oaks and chestnut trees, 100 species of mammals, 326 species of birds - the list goes on! The Park has continually attracted top naturalists and botanists from around the world and been proclaimed an area with the richest diversity of flora and fauna.

Some flora bloom even in the harsh weather conditions near the Summit.



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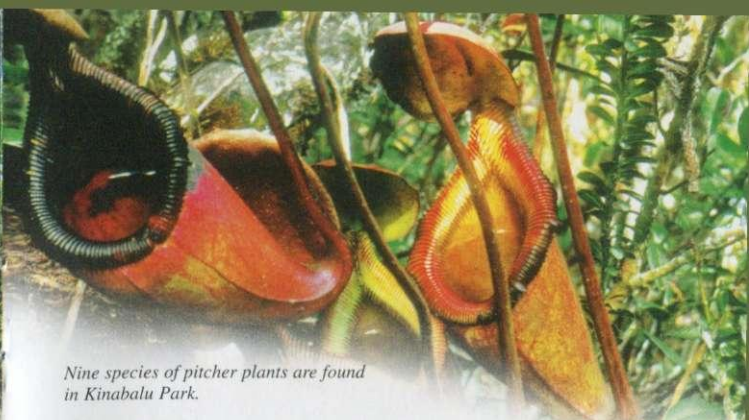




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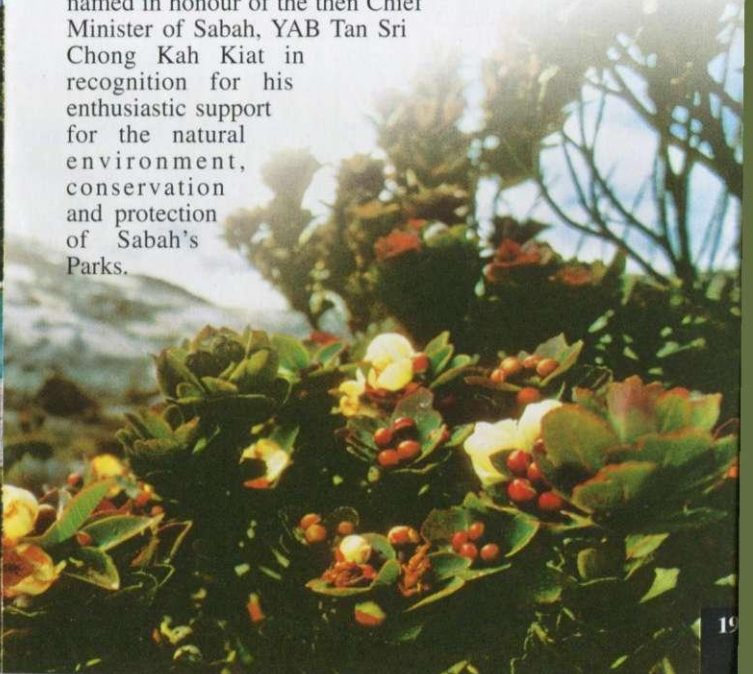


Nine species of pitcher plants are found in Kinabalu Park.

FLORA

The forest of Kinabalu are some of the richest in the world with an estimated 5,000 flowering plants, and this does not include the innumerable mosses, ferns and fungi. Wild orchids grow in abundance and range in size from a pinhead to huge stems over 2m. in length. Look out for the beautiful Slipper Orchids, which command much commercial interest with the Rothchild's Slipper Orchid so preciously coveted it is considered the "Kinabalu Gold".

The world's largest pitcher plant can also be found in Kinabalu Park, The insect-eating Rajah Brooke's Pitcher Plants have pitchers that can hold up to 3.5 litres of water! 19 species of the beautiful Begonia plants have been documented, with probably half that number being endemic. The Begonia Chongii, a rare Begonia plant found on the west side of the mountain, is a recent discovery. It was named in honour of the then Chief Minister of Sabah, YAB Tan Sri Chong Kah Kiat in recognition for his enthusiastic support for the natural environment, conservation and protection of Sabah's Parks.





FAUNA

This Wonderland features some of the most amazing creations of nature. Since animals are not easily seen, patience is virtue – that you will be blessed with rare and captivating sights!

A stroll past the road-side lamps at the Park Headquarter on dark wet nights or at dawn will reveal moths, beetles and other insects in all shapes, sizes and colours. Some are camouflaged in delicate mossy greens and greys, while others flaunt bright contrasting colours or red, black and white. There are ‘twigs’ that walk and ‘leaves’ that fly! Look closer and you’ll find that they are actually insects.

This abundance supporting a been recorded white eye-r Malaysian T Higher up, y and the large





This abundance of insects and plants play a big hand in supporting a thriving bird population. Over 300 species have been recorded in the Park. There is the Grey Drongo with white eye-ring and forked tail, and the heavy, long-tailed Malaysian Treepie are two of the commonest at the Park Hq. Higher up, you will find the small green Mountain Blackeyes and the larger red-breasted Mountain Blackbirds.

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THE PORING HOT SPRINGS

A visit to the Kinabalu Park is not complete without a jaunt to Poring. "Poring" is Kadazandusun word for the bamboo species growing in the area. Situated 40 Km (25 miles) away slightly northeast of the Parks HQ, Poring is in the lowlands, a complete contrast to the Parks HQ. Soak away the sores and aches of muscles in the hot sulphuric minerals of this spring, claimed to have curative powers and very popular with the locals.

BUTTERFLY FARM

Here you will find several species of colourful and striking butterflies. Borneo's first, this farm features a garden, nursery and hatchery for purpose of research, education and the preservation of endangered species.

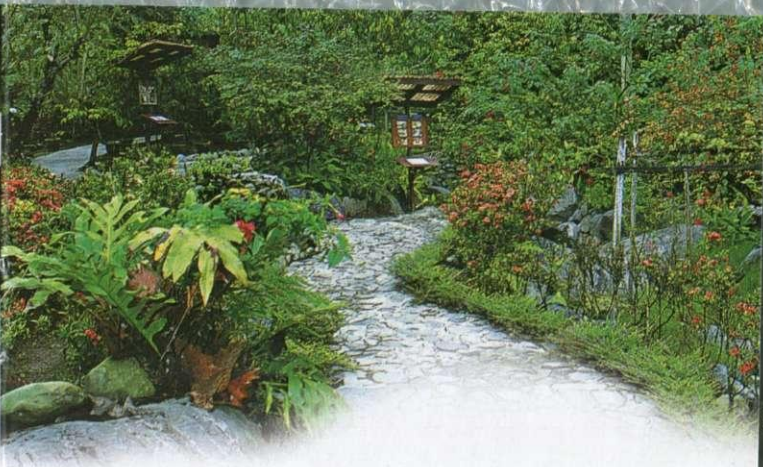
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PORING ORCHID CONSERVATION CENTRE

With 1,200 species of orchids found with Kinabalu Park, the Centre has the largest live collection of the Sabah Orchid and rare endemic wild orchids.

TROPICAL GARDEN

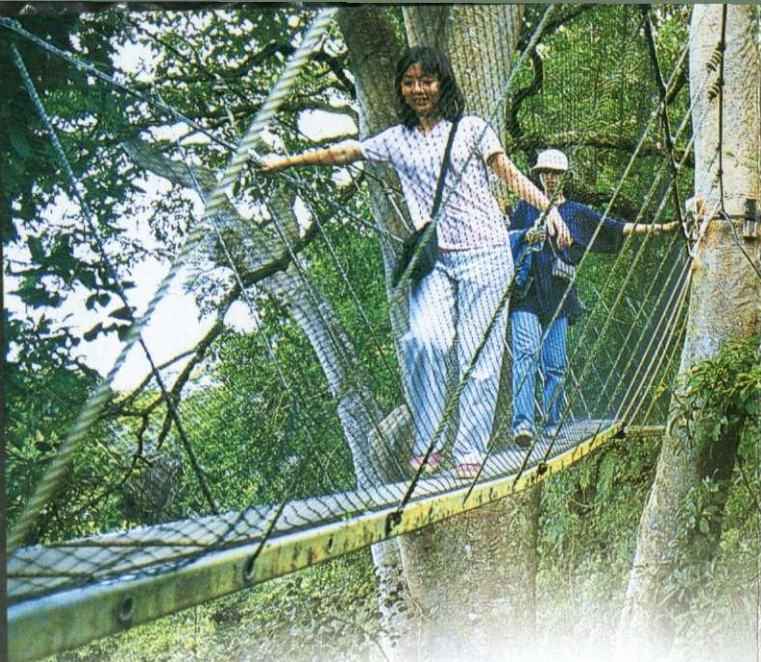
Mousedeers and deers relax under the gaze of colourful birds in the aviary.

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PORING CANOPY WALKWAY

A must-visit! Stroll amidst the canopy of the Menggaris tree – the King of the Forest. The Walkway is 157.8m long and 41m high!

THE RAFFLESIA

The world's biggest flower, Rafflesia is one of the hardest to find. Fortunately, Sabah is known to have the largest concentration of the Rafflesia population. This rare and exotic flower takes up to 15 months to bud but only lasts 7 days in bloom. The Park will post a Notice to announce a Rafflesia in bloom or bud.

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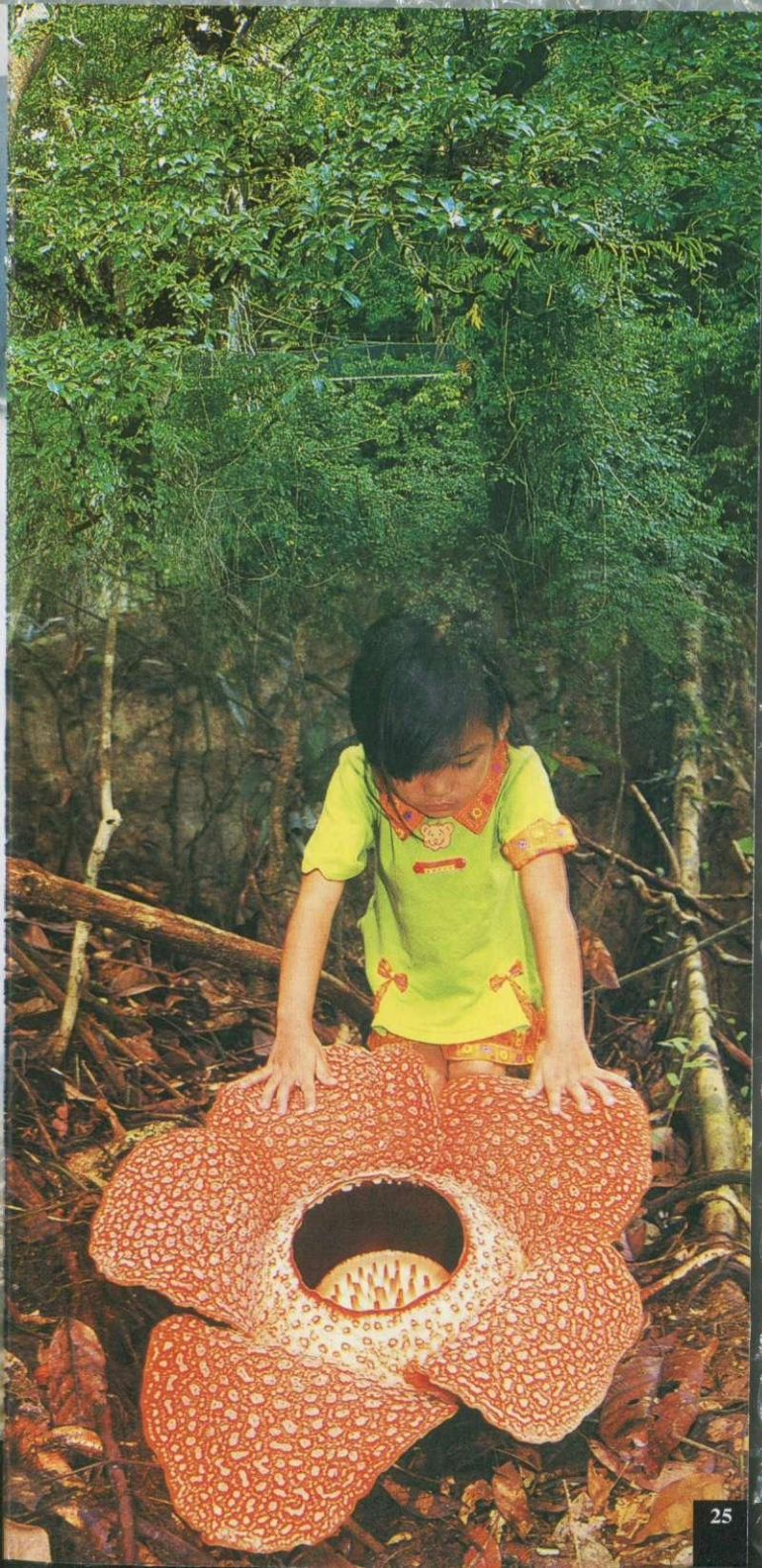
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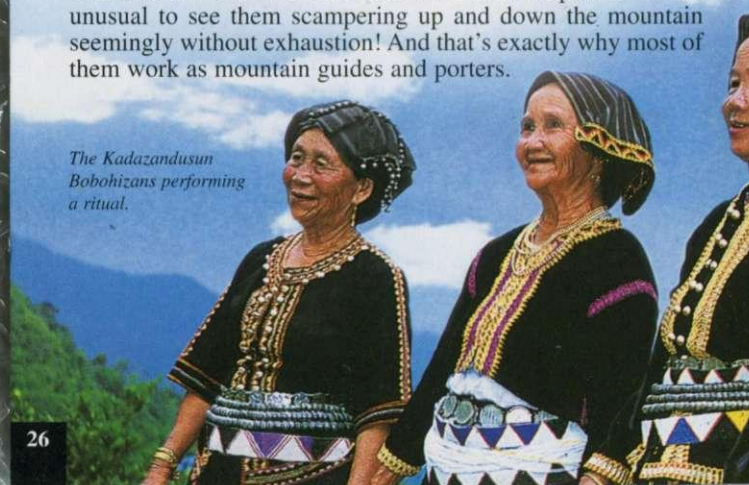
*Rhododendrons are aplenty
along the trail.*

THE FRIENDLY PEOPLE OF KINABALU.

The people in and around Kinabalu are mainly the Kadazandusun, Sabah's largest ethnic community. Traditionally rice farmers, their 'kampungs' or villages are scattered all over the hills and mountain slopes. It is not unusual to see them scampering up and down the mountain seemingly without exhaustion! And that's exactly why most of them work as mountain guides and porters.

The Kadazandusun people consider themselves the guardian of Mt Kinabalu. They believe this is sacred ground, a resting place for the spirits of their ancestors. Earlier attempts to climb the mountain had been forbidden, as to do so would have disturbed these spirits and incurred their wrath. In 1851 when Sir Hugh Low led the expedition up the mountain, a compromise was reached with the locals to offer sacrifice to appease the spirits.

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*The Kadazandusun
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The name 'Kinabalu' is derived from the Kadazandusun words 'Aki' Nabalul' where 'Aki' literally mean 'ancestor' and 'nabalul' is 'mountain'; the sacred resting place of the ancestral spirits. According to legends, supreme deities created the world and Mount Kinabalu, of mythical dragons guarding treasure troves of pearls. These myths take on a more surreal presence when you are up in the mountain, in the silence and mist of the swirling clouds or the sounds of howling winds. Climbers are advised to always behave respectfully and be on good behaviour. Shouting, making loud noises, name callings, anger or even laughter are not advisable.



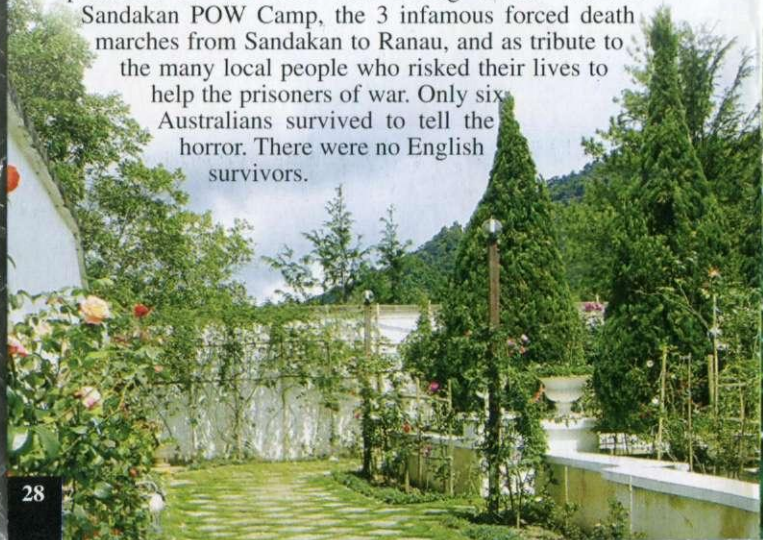


When visiting the Kinabalu Park and Poring Hot Springs, do take the opportunity to visit the many places of interests along the way ...

Kundasang is 6Km (4miles) from the Kinabalu Park HQ, renowned for temperate vegetables. A long row of wooden stalls 'gerai' bustling with vegetable whole-sellers. Pick-up trucks fully laden with vegetables from farms around the valley deliver and unload their goods at the stalls. Bulk-buyers come from all over Sabah, even Sarawak and Brunei. Passing travellers also stop to purchase. Nearby are a few rows of shops, seemingly sleepy except on Fridays, the weekly Tamu, market day.

Kundasang War Memorial and Gardens is like a fort on a hill, located immediately behind the rows of shops.

Major G.S. Carter, D.S.O. (Toby Carter) a New Zealander employed with Shell Oil Co. (Borneo) initiated the building of the Memorial to remember the 2,428 Australian and British prisoners of war who died during World War2 at Sandakan POW Camp, the 3 infamous forced death marches from Sandakan to Ranau, and as tribute to the many local people who risked their lives to help the prisoners of war. Only six Australians survived to tell the horror. There were no English survivors.





MUST VISIT PLACES

The 'fort-like' design of the Memorial was by local resident architect, J.C. Robinson. It has 4 interlocking but separate Gardens to represent the homelands of those who died: an Australian Garden, a formal English Garden of roses, a Borneo Garden with wild flowers of Kinabalu and at the top level is the "Contemplation Garden" with a reflection pool and pergola.

To commemorate the 60th Anniversary of the end of WW2, the Memorial was and beautifully restored in 2005 privately. The Gardens are now replanted with flowers, roses and rare orchids including the much sought and valuable Rothschilds slipper orchids. ANZAC Memorial Service and private Memorial Services are welcome with prior arrangements. The Memorial is open to visitors with minimal Entrance Fee charged.

Agro T Nursery is situated just a few metres from the Kundasang War Memorial on the left. At a small fee, it is possible to tour the nursery's gardens of flowers, such as roses, orchids, hybrid hibiscus, tomatoes and other vegetables.

Mount Kinabalu Golf Course. This 18-hole course, at 1,500m above sea level offers stunning views and some unique golf on some steep fairways where occasionally swirling mists. A Club house and restaurant offers a chance for relaxing meal after a satisfying game.



The Mesilau Nature Resort is situated at 2,000m in the eastern part of Kinabalu Park. It offers an attractive restaurant and a range of accommodations.

Visitors must not miss the **Information Centre** and the guided walk to the **Nepenthes Garden**, a mountain slope covered with naturally growing pitcher plants, including the giant *Nepenthes rajah*. It is really, really amazing.

Ranau Town. This is the commercial and administrative centre for the District of Ranau, with the District Police Station, Hospital, restaurants, retail shops, petrol stations and car repair workshops.

Gereja SIB Pekan Ranau, on the Church Ground are:

- **The Oath Stone.** After the bridge with the Tamu by the river banks, in the grounds of the Borneo Evangelical Church (or Gereja SIB Pekan Ranau) is an important historical site. Here sits the **Oath of Loyalty** sworn by the natives of Ranau after the colonial North Borneo Chartered Company put down a rebellion led by Mat Salleh in 1893.
- **Rafflesia at Kampung Kokob Baru.** 5 Km after Ranau, on the main road to Sandakan and en-route to the Poring Hot Springs, keep a look-out for a roadside sign announcing "Rafflesias Blooming". Or you may phone villager Kundang Ransigi (088-875-114/013-879-4154).
- **Sabah Tea Plantations** (www.sabahtea.net) Located 800m on rolling hills near Kg Nalapak, 11m from the Poring Road Junction, this is Sabah's only tea plantation, over 2,500 ha and producing both regular and certified organic tea. Visitors can enjoy a meal and splendid view of Mt Kinabalu from the Tea House, followed by a guided tour of the processing factory and plantation. The Plantation offers comfortable bungalows, Guest House and a typical Rungus Longhouse.

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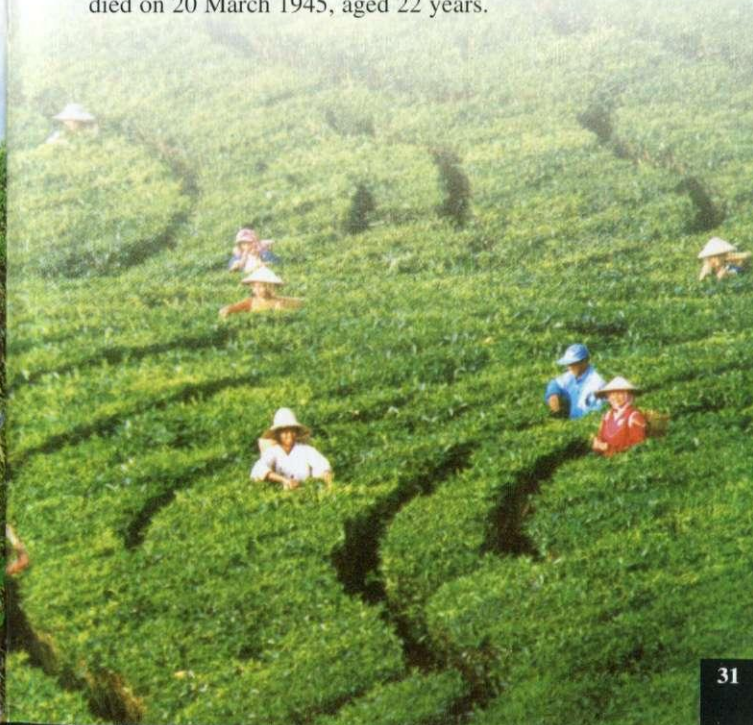
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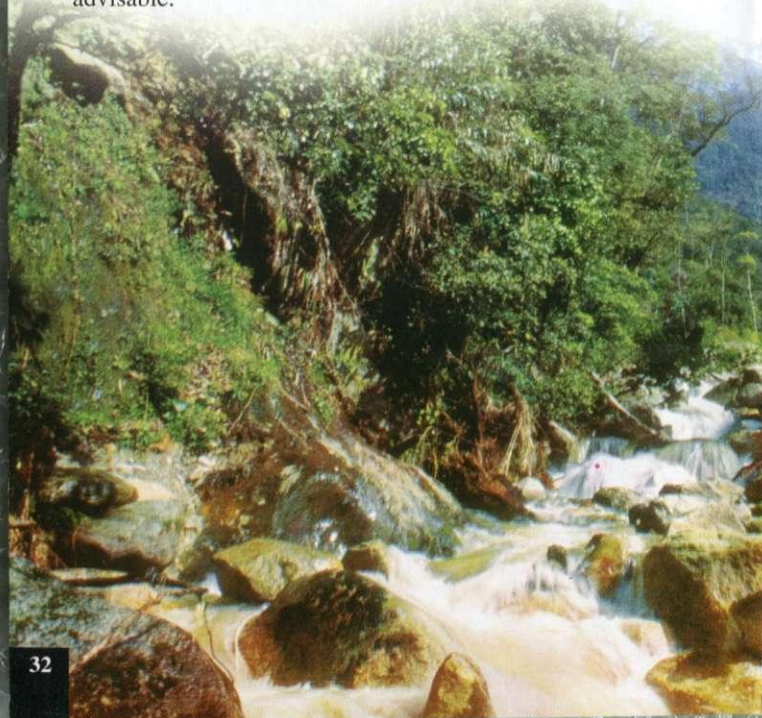
- **The Ranau Memorial.** This Memorial marks the site of a Prison Camp of the survivors of the first Death March from Sandakan to Ranau from January to April 1945. On this actual spot Gunner Albert Neil Cleary, Royal Australian Artillery of East Geelong, Victoria was chained to a stake, brutally tortured and starved for 11 days before he finally died on 20 March 1945, aged 22 years.





SOME DOS & DON'TS

In keeping with local customs (adapt) and Sabah Parks rules, climbers are advised not to take anything from and on the mountain, be it flora, fauna or piece of stones etc. Climbers are to behave respectfully and be on good behaviour; shouting, name callings, anger and teasing-fooling-around are not advisable.



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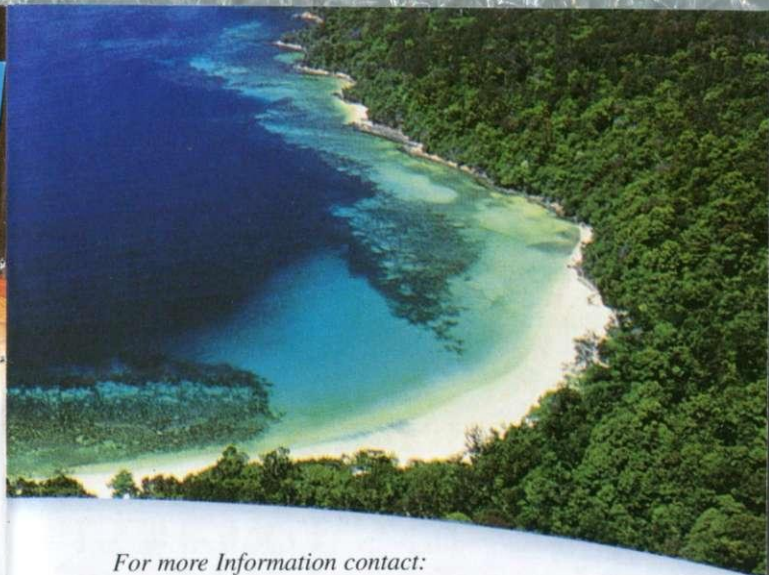
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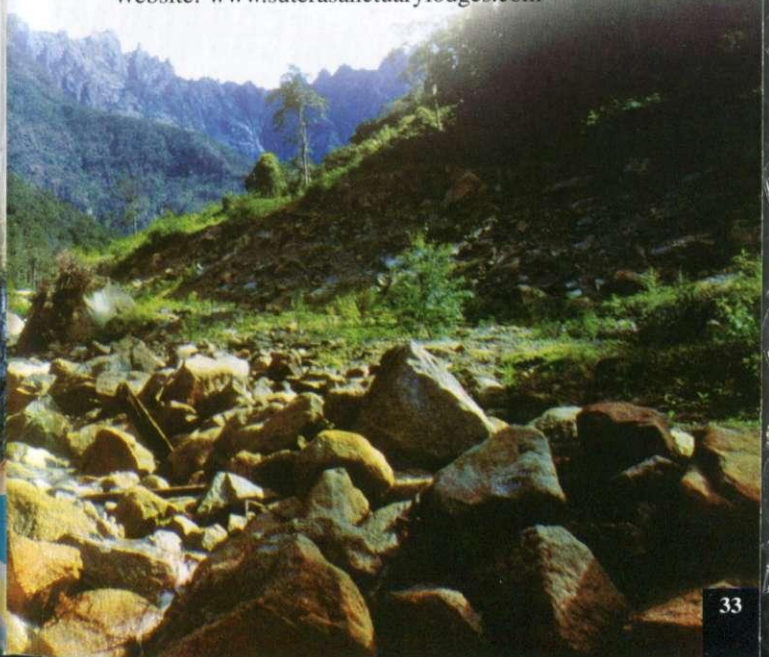
For more Information contact:

Sabah Parks

Lot 3, Block K, Sinsuran Complex,
88806 Kota Kinabalu, Sabah, Malaysia
Tel: 6088-212719/211881; Fax: 6088-221001
Email: info@sabahparks.org.my
Website: <http://www.sabahparks.org.my>

Sutera Sanctuary Lodges

G15, Ground Floor, Wisma Sabah,
88000 Kota Kinabalu, Sabah, Malaysia
Tel: 6088-243629; Fax: 6088-259552
Email: info@suterasanctuarylodges.com
Website: www.suterasanctuarylodges.com





THE WORLD'S TOUGHEST MOUNTAIN RACE

Mt. Kinabalu International Climbathon will celebrate its 20th year in 2006. The Climbathon is also the race that determines the ultimate Champion of the 7-Series Federation for Sport at Altitude's (FSA) Skyrunning World Championship (racing on high altitude).

START
20TH MT. KINABALU INTERNATIONAL



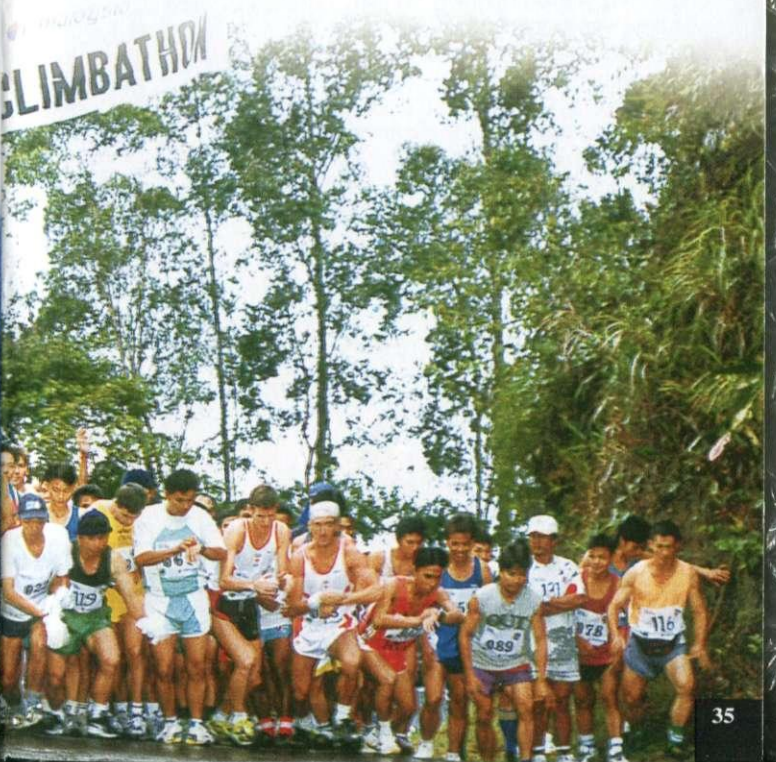
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The Climbathon started as a Search & Rescue exercise for the Park's rangers, mountain guides and porters is now world class event that brings the world's best mountain runners to compete, each year on the first weekend of October. The Record-holders for racing to the Summit of Mt Kinabalu and back to Finish Line at the Parks HQ in the Men Category is held by Italian Marco De Gasperi (2003) with a time of 02:36:59 hr and Women Category is by Czech Anna Pichrtova (2001) at 03.08.12 hr. Such incredible fitness as climbers normally takes 2 days!



GENERAL INFO

Climate:

Equatorial/Tropical, with occasional rain-showers

Average Temperatures:

Lowlands – 32 degrees Centigrade.

Highlands – 21 degrees Centigrade.

Currency:

Travellers' cheques and foreign currencies can be changed for Malaysian Ringgit at banks and hotels. Most major hotels charge a nominal fee for currency conversion.

Major Credit and Charge Cards:

VISA, MasterCard, American Express, Diners Club

Banking Hours:

Mondays to Fridays – 9.30 am till 3 pm

Local Time:

Standard Malaysian Time is 8 hours ahead of GMT.

Electricity:

240 volts AC/50-Cycle system

Language:

Bahasa Malaysia is the national language.

However, English is widely spoken.

Entry Requirements:

1. A valid passport (and visa wherever applicable) is required.
2. A Social or Tourist Visit Pass does not permit the holder to take up employment, business or professional work in Malaysia.
3. The Professional Visit Pass allows foreign visitors to enter the country for business negotiations or inspection of business premises. These passes however, cannot be used for employment purposes or for supervising the installation of new machinery of the construction of a factory.
4. A fee is charged for a Professional Visit Pass depending on purpose of visit, profession and country.

For more information, please contact:

Sabah Tourism Board (STB)

or:

**The Malaysian Diplomatic Mission in your country,
Tourism Malaysia office,
Malaysia Airlines or your tour operator.**

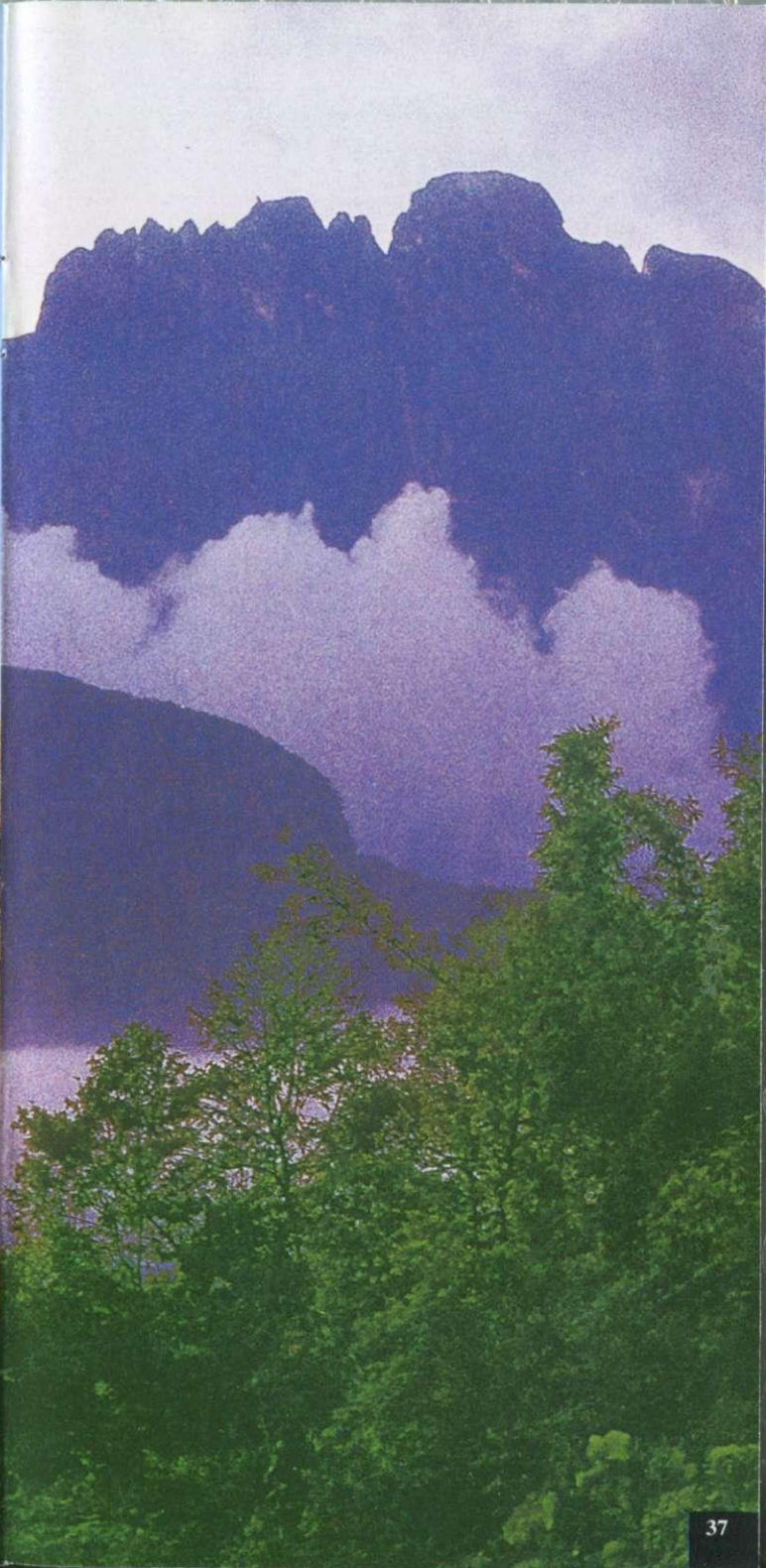
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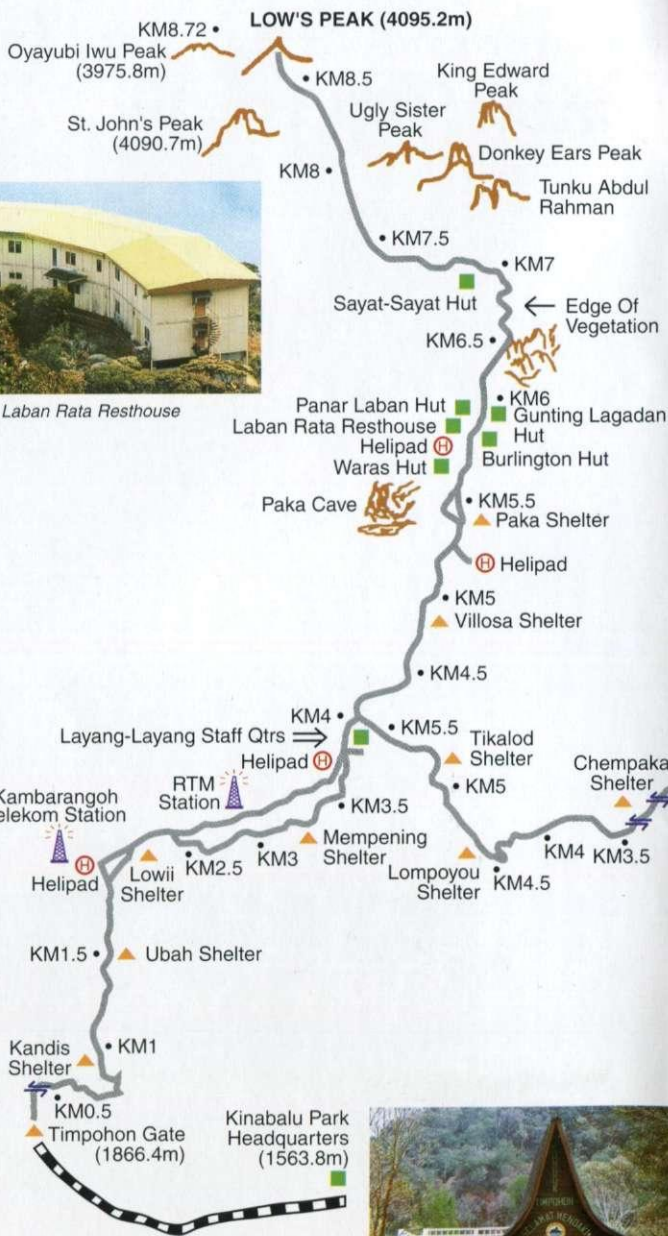
Trafficking in illegal drugs carries the death penalty.

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Laban Rata Resthouse



Timpohon Gate

THE SUMMIT TRAIL MAP OF MT. KINABALU.



Mesilau Gate



▲ Shelter

Ⓜ Helipad

■ Building

↔ Bridge

Map not to scale



VISIT
SABAH
MALAYSIAN BORNEO

Sabah Tourism Board
51 Jalan Gaya, 88000 Kota Kinabalu
Sabah, Malaysia
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www.sabahtourism.com

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